

# A WIDER CIRCLE

A unique, holistic approach to ending poverty

---

A Wider Circle offers the following compilation of Washington DC based resources during this challenging time. This information has been gathered from an array of sources and partners. Please note that we do not operate nor can we guarantee the accuracy of the information or of the services listed. We will update this regularly as we learn of additional helpful items. Please feel free to share this and let us know if you hear of other relevant supports.

## Table of Contents

Food Resources for Youth and Families.....	2
Resources for Seniors.....	8
Additional Food Resources .....	11
Healthcare Resources.....	19
Mental Health Resources.....	25
Grief Resources.....	28
Domestic Violence Resources.....	29
Housing & Homelessness.....	30
Unemployment Insurance and Workers’ Rights.....	34
Legal Resources.....	41
Financial and Bill Payment Support.....	42
Transportation.....	50
Educational Resources.....	53
Health and Wellness.....	55
At-Home Activity Ideas.....	56
How to Make Your Own Hand Sanitizer.....	58

# Food Resources for Youth & Families



## Comprehensive Meal Sites

These locations will serve meals to anyone under 18.

(Updated 4/10/2020)

School Name	Address	Ward	Meal Distribution Hours (Monday - Friday)	Grocery Distribution (while groceries last)
Banneker High School	800 Euclid Street, NW	1	10 am – 2 pm (closed April 16)	
Cardozo Education Campus	1200 Clifton Street, NW	1	10 am – 2 pm (closed April 16)	
Columbia Heights Education Campus	3101 16th Street, NW	1	10 am – 2 pm (closed April 16)	Friday 12:30 - 2:00 pm
Marie Reed Elementary School	2201 18th Street, NW	1	10 am – 2 pm (closed April 16)	
The Next Step Public Charter School	3047 15th Street NW	1	Monday & Thursday (closed April 13 & 16) 11 am - 1 pm	
School Without Walls @ Francis Stevens	2425 N Street, NW	2	10 am – 2 pm (closed April 16)	
Thomson Elementary School	1200 L Street, NW	2	10 am – 2 pm (closed April 16)	
Wilson High School	3950 Chesapeake Street, NW	3	10 am – 2 pm (closed April 16)	
Capital City PCS	100 Peabody Street, NW	4	Mondays (7 meals, 7 snacks) 10 am – 2 pm	
Coolidge High School	6315 5th Street, NW	4	10 am – 2 pm (closed April 16)	Wednesday 12:30 - 2:00 pm
LaSalle-Backus Education Campus	501 Riggs Road, NE	4	10 am – 2 pm (closed April 16)	
Paul PCS	5800 8th Street, NW	4	12 pm – 1 pm	
Roosevelt High School	4301 13th Street NW	4	10 am – 2 pm (closed April 16)	
Truesdell Education Campus	800 Ingraham Street, NW	4	10 am – 2 pm (closed April 16)	
Brookland Middle School	1150 Michigan Avenue, NE	5	10 am – 2 pm (closed April 16)	Monday 12:30 - 2:00 pm

School Name	Address	Ward	Meal Distribution Hours (Monday - Friday)	Grocery Distribution (while groceries last)
Friendship Armstrong PCS	1400 First Street, NW	5	Monday, Wednesday, Friday 8:30 am – 11:30 am	
Friendship Woodridge International PCS	2959 Carlton Avenue, NE	5	Monday, Wednesday, Friday 8:30 am – 11:30 am	
KIPP DC Webb Campus	1375 Mount Olivet Road NE	5	Monday and Wednesday 3 breakfasts, 3 lunches 10 am – 1pm	
Langdon Elementary School	1900 Evarts Street, NE	5	10 am – 2 pm (closed April 16)	
Mary McLeod Bethune Day Academy PCS	1404 Jackson Street, NE	5	9 am – 12 pm	
McKinley Education Campus	151 T Street, NE	5	10 am – 2 pm (closed April 16)	
Wheatley Education Campus	1299 Neal Street NE	5	10 am – 2 pm (closed April 16)	
Eastern High School	1700 East Capitol Street, NE	6	10 am – 2 pm (closed April 16)	Monday 12:30 - 2:00 pm
Friendship Chamberlain PCS	1345 Potomac Avenue, SE	6	Monday, Wednesday, Friday 8:30 am – 11:30 am	
Howard University Middle School of Math and Science PCS	Outside of Shaw Metro Station	6	12 pm – 1 pm	
Jefferson Middle School	801 7th Street, SW	6	10 am – 2 pm (closed April 16)	
Miner Elementary School	601 15th Street, NE	6	10 am – 2 pm (closed April 16)	
Walker-Jones Education Campus	1125 New Jersey Avenue, NW	6	10 am – 2 pm (closed April 16)	
Friendship Blow Pierce PCS	725 19th Street, NE	7	Monday, Wednesday, Friday 8:30 am – 11:30 am	
Friendship Collegiate PCS	4095 Minnesota Avenue, NE	7	Monday, Wednesday, Friday 8:30 am – 11:30 am	
IDEA PCS	1027 45th Street, NE	7	8 am – 9 am - breakfast	

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

School Name	Address	Ward	Meal Distribution Hours (Monday - Friday)	Grocery Distribution (while groceries last)
			10 am – 2pm – lunch	
Kelly Miller Middle School	301 49th Street, NE	7	10 am – 2 pm (closed April 16)	Tuesday 12:30 - 2:00 pm
Kimball Elementary School	3375 Minnesota Avenue, SE	7	10 am – 2 pm (closed April 16)	Thursday 12:30 - 2:00 pm
KIPP DC Benning Campus	4801 Benning Road SE	7	Monday and Wednesday 3 breakfasts, 3 lunches 10 am – 1pm	
Ron Brown High School	4800 Meade Street, NE	7	10 am – 2 pm (closed April 16)	
Thomas Elementary School	650 Anacostia Avenue NE	7	10 am – 2 pm (closed April 16)	
Woodson High School	540 55th Street, NE	7	10 am – 2 pm (closed April 16)	Wednesday 12:30 - 2:00 pm
Anacostia High School	1601 16th Street, SE	8	10 am – 2 pm (closed April 16)	Thursday 12:30 - 2:00 pm
Ballou High School	3401 4th Street, SE	8	10 am – 2 pm (closed April 16)	Friday 12:30 - 2:00 pm
Eagle Academy PCS	3400 Wheeler Road, SE	8	11 am – 1 pm	
Friendship Southeast PCS	645 Milwaukee Place, SE	8	Monday, Wednesday, Friday 8:30 am – 11:30 am	
Friendship Technology Prep PCS	2705 Martin Luther King Avenue, SE	8	Monday, Wednesday, Friday 8:30 am – 11:30 am	
Hendley Elementary School	425 Chesapeake Street, SE	8	10 am – 2 pm (closed April 16)	
Howard University Middle School of Math and Science PCS	Outside of Anacostia Metro Station	8	12 pm – 1 pm	
Ingenuity Prep PCS	4600 Livingston Road, SE	8	8 am – 9 am - breakfast 11 am – 12 pm - lunch (closed April 16)	
KIPP DC Douglass Campus	2600 Douglass Road, SE	8	Monday and Wednesday 3 breakfasts, 3 lunches	

School Name	Address	Ward	Meal Distribution Hours (Monday - Friday)	Grocery Distribution (while groceries last)
			10 am – 1pm	
National Collegiate Prep	4600 Livingston Road SE	8	9 am – 12 pm	
Simon Elementary School	401 Mississippi Avenue, SE	8	10 am – 2 pm (closed April 16)	
Stanton Elementary School	2701 Naylor Road, SE	8	10 am – 2 pm (closed April 16)	Tuesday 12:30 - 2:00 pm
Thurgood Marshall Academy	2427 Martin Luther King Jr. Avenue, SE	8	10 am – 1 pm	

For a list of Metrobus lines serving student meal sites, [please click here.](#)

Martha's Table



**GROCERY DISTRIBUTION SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>Alabama Ave</b></p>  <p>2103 ALABAMA AVE SE <b>1:00 PM</b></p> <p><b>Buena Vista</b></p>  <p>2425 IRVING STREET SE <b>2:00 PM</b></p>	<p><b>Washington Highlands</b></p>  <p>400 ATLANTIC STREET SE <b>1:00 PM</b></p>	<p><b>Woodland Terrace</b></p>  <p>2310 AINGER PL. SE <b>1:00 PM</b></p> <p><b>W Street</b></p>  <p>2126 15TH STREET SE <b>2:00 PM</b></p>	<p><b>UPO Petey Greene</b></p>  <p>2907 MLK JR. AVE SE <b>1:00 PM</b></p> <p><b>Bellevue</b></p>  <p>4480 MLK JR. AVE SW <b>2:00 PM</b></p>
<p>FOR MORE INFORMATION OR TO RESERVE A BAG CONTACT: (202)-808-8024 TO HELP OUT IN YOUR COMMUNITY CONTACT: MARTHA'S TABLE - (202)-924-7873</p>			
			

**Martha's Table**  
EDUCATION • FOOD • OPPORTUNITY

## MARTHA'S TABLE PROGRAMMING

At Martha's Table, we remain deeply committed to protecting the health, safety, and wellbeing of our community. Throughout this difficult time, we are doubling down on our mission to support strong children, strong families, and strong communities.

To learn more about food distribution, supports, and updates visit:

[www.marthastable.org/covid19](http://www.marthastable.org/covid19) or    @marthastableorg

<p><b>Martha's Table Commons Market</b> (2375 Elvans Rd. SE)</p>  <p><b>Monday - Friday</b> 11:00 am - 4:00 pm We will continue to offer no-cost bagged groceries for our neighbors.</p> <p><b>Saturday</b> 10:00 am - 2:00 pm</p>	<p><b>Martha's Table Maycroft Market</b> (1474 Columbia Rd. NW)</p>  <p><b>Monday - Friday</b> 11:00 am - 4:00 pm We will continue to offer no-cost bagged groceries for our neighbors.</p>	<p><b>Martha's Table McKenna's Wagon</b></p>  <p><b>Daily - Seven days a week</b> (2nd and H Streets, NW) 5:15 pm - 5:45 pm</p> <p><b>Daily - Seven days a week</b> (15th and K Streets, NW) 6:15 pm - 6:45 pm</p> <p>We will continue to serve pre-packaged meals through our mobile food service.</p>	<p><b>Diaper Bank Distribution</b> (2375 Elvans Rd. SE)</p>  <p><b>Monday and Friday</b> 11:00 am - 3:00 pm</p> <p>In partnership with DC Diaper Bank, diaper sizes 1-6 will be distributed to families with proper verification of child's age (birth certificate, immunization record, childcare bill, etc).</p>
---	--	--	---

Martha's Table at The Commons | 2375 Elvans Rd. SE | 202-328-6608 | www.marthastable.org

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

**Hook Hall Helps**

- Serving to-go meals for DMV hospitality industry workers daily from 6-8 PM MONDAY-SATURDAY, and from 12-2PM on Sundays
- Care kits also available for pickup at Hook Hall during meal pickups Monday-Saturday. Care kits are NOT available on Sundays. Kits include shelf stable foods and paper goods, such as peanut butter, granola bars, trail mix, soup, cereals, coffee/tea, and toilet paper.
- Address: 3400 Georgia Ave NW, Washington DC 20010
- For more information call 202-629-4339 or [click here](#)

**Genuine Foods**

- Serving grab and go meals for children in the community at Paul Public Charter School 5800 8th St NW (Ward 4) 12:30pm-2pm Mon-Fri. [Click here](#) for more information.

**DC Central Kitchen**

- Providing free lunch to youth ages 19 and younger Mon-Fri 12 PM - 2 PM at THE ARC (1901 Mississippi Ave SE)
- The Healthy Corners program is continuing operations and announcing a price cut of up to 50% on already discounted fresh, whole fruits and vegetables. The program doubles the value of SNAP customers’ purchases with equal amounts of fresh produce.

**Feeding sites serving grab-and-go breakfast and lunch:**

Site	Address	Schedule	Ward
Benning Courts Community Center	1713 Benning Road NE	M-F 1pm-2pm	6
Brightwood Communities Community Center	5805 14th Street NW	T, W, TH 10am-11am	4
Carver Hall Community Center	2338 Pitts Place SE	M-F 10am-11am	8
Children’s Health Center @ THEARC	1801 Mississippi Avenue SE	M-SU 1pm-3pm	8
Congress Park Community Center	1345 Savannah Street SE	M-F 1pm-2pm	8
Frederick Douglass Community Center	1427 Cedar Street SE	M-F 11:15am-12:15pm	8
King Towers Community Center	1220 12th Street NW	M-F 11:15am-12:15pm	2
Park Naylor Community Center	2574 Naylor Road SE	M-F 2:15pm-3:15pm	8
The Pentacle Community Center	1509 Benning Road NE	M-F 2:15pm-3:15pm	6



**\*For children**

A Wider Circle’s Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

## Local Restaurants Where Kids Eat Free

### The Sunnyside Restaurant Group

- Good Stuff Eatery, We, The Pizza and Santa Rosa Taqueria are offering free meals for children who are not able to eat at school. This offer is available at the following locations around the region:
  - Crystal City - Good Stuff Eatery and We, The Pizza
  - Georgetown - Good Stuff Eatery
  - Capitol Hill - Good Stuff Eatery, We, The Pizza, and Santa Rosa Taqueria
  - Ballston - We, The Pizza

### Little Miner Taco

- For as long as DCPS and Maryland schools are closed, all kids eat free at Little Miner Taco (3809 Rhode Island Ave. Brentwood, MD 20722, 301-200-3016, info@littleminertaco.com)

### Leon Restaurants

- Offering FREE meals to all children. Open for take-away at 1724 L st NW 7am-4pm and 1350 Eye St NW 11am-6pm. [Click here](#) for more information.

### Milk and Honey

- Local restaurant offering free breakfast to homebound students at its Bowie, College Park, and H Street NE locations. Meals include cereal, waffles, pancakes, and fresh fruit, Monday through Friday, 8:30 a.m. to 10 a.m
- Half off discount for medical workers
  - Bowie - 12500 Fairwood Pkwy Bowie, MD 20720 (240) 260-3141
  - College Park - 10280 Baltimore Ave College Park, MD 20740 (301) 477-2195
  - H St NE (Smith Commons) - 1245 H St NE, Washington DC 20002 (202) 396-0038

### Po Boy Jim

- As long as DCPS schools are closed, kids eat free off the kids' menu at Po Boy Jim.
- H Street: Mon-Fri 11am-7pm (202-621-7071)
- 9th Street: Tue-Wed 3pm-7pm, Thurs-Fri 11am-7pm (202-627-2687)

### **RASA**

- Local Indian restaurant offering free meals for school children under 18 and hospital workers with valid ID.
- 1247 1st St SE, Washington DC 20003 (202) 804-5678

### **Purple Patch DC**

- Offering a FREE grab and go kids breakfast and lunch daily from 9 AM-12 PM
- Opening a Purple Patch Pantry from 3-9 PM offering desserts & easy to go foods.
- Full menu is also available for take out. More information can be found on their Instagram page @purplepatchdc, on [Facebook](#), or by calling 202-299-0022.
- Address: 3155 Mt. Pleasant St NW

# Resources for Seniors



## Update on Department of Aging and Community Living Operating Status during COVID-19 Emergency - As of March 22, 2020

### What is our operating status?

The Department of Aging and Community Living remains open. We will continue to provide some services as usual. However, there may be changes to how other services are provided.

### How does this impact what we do?

- **Senior Wellness Centers and Community Dining Sites** - modified. Activities at Senior Wellness Centers and Community Dining Sites are suspended. Beginning March 23, 2020, all meal sites will be converted to home delivery for current participants.
- **Social and Recreation Programs** - suspended. This includes group trips, in-person fitness classes, and other wellness activities.
- **Adult Day Health Programs** - suspended. Effective March 20, 2020, Adult Day Health Programs are suspended.

### What else are we offering to meet your needs?

- **Information & Referral/Assistance** - Residents may call (202) 724-5626 to learn more about DACL's operating status, programs, and services. If you or someone you know is 60+ years old and needs a meal, please give us a call for referral. Phone lines are answered Monday - Friday, 8:30am - 4:30pm.
- **Adult Protective Services (APS)** - To report allegations of abuse, neglect, self-neglect, and/or exploitation of vulnerable adults, please call the APS Hotline at (202) 541-3950, available 24-hours 7-days a week.
- **Regular Reassurance Calls** - Current participants of DACL-funded senior programs should expect to receive reassurance calls on a regular basis from their lead agency or case managers during this time. Call (202) 724-5626 for more information.

### What precautions are we taking to limit the spread of the coronavirus (COVID-19)?

Our employees are taking precautions to keep themselves healthy and limit the spread of infections like regularly washing their hands, cleaning facilities more frequently, and reducing close contact with each other and residents. Employees have been asked to let their supervisor know immediately if they feel sick.

### Where should you go if you have questions?

For questions about any of the services we provide and information on any future changes, please contact us at 202-724-5626 or [dacl@dc.gov](mailto:dacl@dc.gov). For more information, please visit [coronavirus.dc.gov](http://coronavirus.dc.gov).



## Medium Rare

- Local steakhouse delivering free meals to DMV residents aged 70+. Contact [Markhbucher@gmail.com](mailto:Markhbucher@gmail.com) or DM on twitter @MediumRareDC

## Hayes Center

- Daily meal pickup between 10 AM - 2 PM Mon-Fri
- Address: 500 K St NE

## THEARC

- If you are a resident in Ward 8, please contact [info@thearcdc.org](mailto:info@thearcdc.org) if you would like to request volunteer support with errands or food delivery for homebound residents.

## SOME

- Join us on our conference call Monday – Friday at 11am for an hour of laughter, support, council, entertainment and socialization with other seniors around Washington DC
- To join the call, dial (206) 800-4833 & enter code 337735599#

## Stores Opening Early for Seniors

Stores with Dedicated Shopping Hours for Vulnerable Populations



**Dollar General**  
Regular store hours:  
8 AM - 9 PM

**For Seniors only**  
8 AM - 9 AM



**Giant**  
Regular store hours:  
6 AM - 12 AM

**For Seniors only**  
6 AM - 7 AM



**The Fresh Market**  
Regular store hours:  
8 AM - 9 PM

**For Seniors only**  
8 AM - 9 AM, Monday - Friday



**Walmart**  
Regular store hours:  
7 AM - 8:30 PM

**For Seniors only**  
7 AM - 8 AM, Every Tuesday



**Safeway**  
Regular store hours:  
5 AM - 12 AM

**For Seniors only**  
Tuesdays and Thursdays  
7 AM - 9 AM



**Target**  
Open each Wednesday during  
the first hour of shopping

\*Store opening hours vary - check your  
local Target for hours of operation



**Whole Foods**  
Open during the first  
hour of shopping

\*Store opening hours vary - check  
your local Whole Foods for hours  
of operation



**ALDI**  
Regular store hours:  
9 AM - 7 PM

**For Seniors only**  
Tuesdays and Thursdays  
8:30 AM - 9:30 AM

[CORONAVIRUS.DC.GOV](http://CORONAVIRUS.DC.GOV)



A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

For Ward 8 Seniors

**1,000 MEALS  
A DAY**

Far Southeast Family Strengthening Collaborative has joined the Anacostia Business Improvement District, World Central Kitchen & the Office of Councilmember Trayon White, to provide Ward 8 Seniors with a hot meal during the COVID-19 pandemic.

**Mapleview Flats**  
**Monday through Friday**  
**3:00 pm- 5:00 pm**

For more information contact the Office of Councilmember Trayon White  
202.724.8045

**FSFSC**  
Where Community and Family Come First

## Additional Food Resources

**FAR SOUTHEAST FAMILY STRENGTHENING COLLABORATIVE**

**WARD 8**  **WE ARE OPEN**

Our team is working diligently to support our families and communities in response to the COVID-19 pandemic. If you or anyone that you know is seeking resources or support call us at (202) 889-1425.

**CHILDREN & FAMILIES**

- Connect to local resources
- Food Assistance
- Education & Parenting Support
- Housing information & referrals
- Connect with our job developer to find employers who are hiring right now!
- We are offering "no contact" notary services.
- Sign up for one-on-one credit counseling & budgeting.

*Families can receive support via telephone, web conference, or email.*

**FOR MORE INFORMATION OR TO REQUEST SUPPORTIVE SERVICES CONTACT OUR MAIN OFFICE AT: (202) 889-1425**

**SENIORS**

- Ward 8 seniors can have a hot meal delivered right to your door.
- We have moved our classes online, join us for Zumba, Tai Chi for Arthritis or Chair Yoga!
- Call us to sign up for a temporary membership to the Congress Heights Senior Wellness Center

*Seniors interested in receiving meals should contact Councilmember Trayon's White office (202) 724-8045.*

**COMMUNITY SAFETY**

- Youth & families can receive safe passage to DCPS food distribution sites.
- Residents in the Woodland or 30th & Buena Vista can receive hot meals delivered to their door.
- Our Violence Interruption teams are on the ground promoting safety in priority communities.

WARD 8'S COMMUNITY COLLABORATIVE  
1996

**ENGAGE WITH US ONLINE:**  
[WWW.FSFSC.ORG](http://WWW.FSFSC.ORG) | [@FARSECOLLAB](https://twitter.com/FARSECOLLAB)   

### Capital Area Food Bank

- Shelf-ready food for free pickup at 900 North Capitol (front of St. Aloysius Church) starting March 18, Monday-Thursday from 1:30-4:00 pm. Call (202) 842-1112 for more information.

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- The Hunger Lifeline connects folks with food resources in their area. To access the Hunger Lifeline please call 202-644-9807 or email [hungerlifeline@capitalareafoodbank.org](mailto:hungerlifeline@capitalareafoodbank.org).
- For an interactive map of all available food resources [please click here](#).

### **DC Dream Center**

- Serving hot meals daily through local food truck, Granny's Kitchen, beginning at 12 PM - 2909 Pennsylvania Avenue SE

### **Food For All DC**

- Serving those who are homebound, including elderly citizens, handicapped, or single mothers with young children.
- Social Worker referral preferred.
- Deliveries every Saturday, 9:00am - 2:00pm. Call (240) 505-4607. For more information [visit their website](#).

### **Miriam's Kitchen**

- Serving breakfast 7-8 AM and dinner 4:30-5:30 PM daily. Please note the menu is subject to change.



**BREAKFAST**

7:00 am to 8:00 am

**MONDAY**

PANCAKES

**TUESDAY**

CORNBEEF HASH OR

HOMEFRIES

**WEDNESDAY**

FRENCH TOAST WITH

COMPOTE (PEACH &

APRICOT)

**THURSDAY**

BREAKFAST SANDWICH W/

HOUSE MADE SAUSAGE, EGG

AND CHEESE, OR EGG &

CHEESE

**FRIDAY**

WAFFLES

[www.miriamskitchen.org](http://www.miriamskitchen.org)

Our standard breakfast will always consist of plain scrambled eggs, homefries & fruit. There will be no salad during COVID-19 times for the safety of our guests.

**DINNER**

4:30 pm to 5:30 pm

**MONDAY**

JAMAICAN BROWN STEWED CHICKEN

OR VEGGIE STEW RICE & BLACKKEYE

PEAS, STRING BEANS

APPLESAUCE, LEMON POUND CAKE

**TUESDAY**

BEEF OR VEGGIE BURGERS WITH

SHREDDED LETTUCE

ROASTED POTATOES

BROCCOLI & CAULIFLOWER

ORANGE SLICES

**WEDNESDAY**

ITALIAN PORK CHOP WITH

SPAGHETTI, BAGUETTE, SAUTEED

SPINACH

**THURSDAY**

BUFFALO CHIX SANDWICH OR VEGGIE STIR

FRY MAC & CHEESE BROCCOLI &

CAULIFLOWER, BROWNIES

**FRIDAY**

OVEN FRIED FISH OR SPAGHETTI WITH

MEAT SAUCE OR MARINARA

\*\*\* (TBD BASED ON DELIVERY OF PROTEIN)

GARLIC BREAD

ASPARAGUS

COOKIES

**SOME (So Others Might Eat)**

- Hot to-go breakfasts and bagged lunches available from 8-10 AM. Per instructions from DHS, meals must be to-go and our Dining Room will not be available for seating.
- Food Pantry operating by appointment only. Please email [aourand@some.org](mailto:aourand@some.org) or call 202-695-7816 to set up an appointment.
- McKenna Center at 19 I St NW (down North Capital) has a pop-up market run by Capital Area Food Bank from 1:30-4:00 PM Monday through Thursday

**St. Stephen and the Incarnation Church**

- Serving hot meals to go on Saturdays and Sundays at noon.
- Address: 1525 Newton Street NW

**Father McKenna Center**

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- Community food distribution hub is open Monday - Friday 1:30 - 4:00 PM
- Address: 900 North Capitol St NW (ground level of St. Aloysius Church at Gonzaga College High School in Ward 6)
- For more information call 202-842-1112 or email [info@fathermckennacenter.org](mailto:info@fathermckennacenter.org).

### **Catholic Charities Spanish Catholic Center**

- Food pantry is open every Wednesday from 1-3 PM. For more information call (202) 939-2400, ext. 964
- Address: 1618 Monroe St. NW

### **Israel Metropolitan CME Church**

- Packaged food is distributed on Wednesdays and Fridays at 10:00AM.
- Breakfast is served every Wednesday and Friday at 9:30AM.
- Location: 557 Randolph Street Northwest.
- Phone Number: 202-723-5795
- Email: [church557@verizon.net](mailto:church557@verizon.net).

### **H Street Market**

- Created a hyper-local Food Drive at Maketto (1351 H St. NE) from 7 AM - 10 PM daily will be distributed while supplies last. All donated items are free to those in need. [Click here](#) for more information.

### **Little Sesame/Dreaming Out Loud**

- Providing free meals at Kelly Miller Middle School (301 49th St NE, Washington, DC 20019) weekdays 3-5 PM

### **YMCA of Metropolitan Washington**



FOR YOUTH DEVELOPMENT •  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROCERY & MEAL DISTRIBUTION

YMCA OF METROPOLITAN WASHINGTON

## The YMCA is offering produce and meal distribution across the DMV.

**Meals:** Boxes of meals contain 3-days' worth of breakfast and lunch. Any child, regardless of their affiliation with the YMCA, may pick up boxed meals two times per week. Children must be 18 or younger.

**Produce:** Produce is available for anyone, regardless of their affiliation with the YMCA. This will be distributed while supplies last.



Here are the locations and times for produce and meal pickups:

### DC

#### YMCA Anthony Bowen

**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm  
**Meals:** Tuesdays and Thursdays 11am-2pm

#### YMCA Calomiris Program Center

**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm  
**Meals:** Tuesdays and Thursdays 10am-2pm

### VA

#### YMCA Alexandria

**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm  
**Meals:** Mondays, Wednesdays, and Fridays 10am-2pm

#### YMCA Arlington

**Meals:** Mondays, Wednesdays, and Fridays 12pm-3pm

#### YMCA Loudoun County Program Center

**Meals:** Mondays, Wednesdays, and Fridays 10am-1pm

#### YMCA Fairfax County Reston

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm  
**Meals:** Mondays, Wednesdays, and Fridays 10am-2pm

### MD

#### YMCA Aylawn Program Center

**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm  
**Meals:** Tuesdays and Fridays 10am-2pm

#### YMCA Bethesda-Chevy Chase

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm  
**Meals:** Mondays and Thursdays 10am-2pm

#### CAQT Apartments: 8733 Carroll Ave #4, Silver Spring, MD

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm  
**Meals:** Monday through Friday 9am-12pm

#### YMCA Silver Spring

**Produce:** Wednesdays 4pm-6pm, Thursdays 9am-12pm  
**Meals:** Mondays, Wednesdays, and Fridays 10am-2pm

#### Trinity Lutheran Church:

6600 Laurel Bowie Rd, Bowie, MD 20715  
**Produce:** Mondays 4pm-6pm, Tuesdays 9am-12pm



Follow the @ymcadcfod Instagram and Facebook accounts for cooking tips and recipes that match the produce distributed. If you are experiencing hunger and do not know where to find additional resources outside of these locations, please contact [health@ymcadcf.org](mailto:health@ymcadcf.org) so that we can assist you in finding those resources.

Thank you to our partners at Keany Produce and Child Care Resources for your contributions!



## Public Assistance Benefits

- Customers who receive Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), Medicaid, Alliance, and other

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

public benefits provided by DHS, **do not need to take any action at this time** to continue receiving existing benefits that would otherwise expire on March 31 or April 30. **Those benefits will be automatically extended.**

- DHS has a combined application for public benefits, so you can apply for SNAP, Temporary Assistance for Needy Families (TANF, financial assistance), and Medical Assistance (Medicaid, Alliance and other medical assistance programs available through DHS) with the same application. Learn more about the [Combined Application for Public Benefits here](#).
  - **HOW TO APPLY FOR BENEFITS** - Download and complete your application [here](#). You can submit your application one of three ways:
    - **Online:** Using the [DHS Web Portal](#)
    - **In Person:** [Download the PDF](#), complete, sign, and return to any of the five (5) Service Centers
      - [Find a DHS Service Center](#)
    - **By Mail:** [Download the PDF](#), complete, sign, and send to  
  
Department of Human Services  
Economic Security Administration  
Case Record Management Unit  
P.O. Box 91560  
Washington, DC 20090
- DC WIC's food list has been temporarily expanded to allow for additional food items to be purchased with DC WIC checks during the COVID-19 public health emergency, effective April 1, 2020. [You can find the list of expanded food items here](#).
- For additional information on DC WIC program updates, visit [dcwic.org/covid-19](http://dcwic.org/covid-19).
- Residents with questions about their benefits should contact the Call Center at (202) 727-5355 from 7:30 AM -4:45 PM
- EBT Cards: New cards will continue to be distributed through the existing locations at 1649 Good Hope Road SE and 645 H Street NE

## Local Restaurants Providing Assistance

### Succotash

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- Local restaurant providing free to-go dinners to anyone who has been laid off or experienced a big reduction in hours or pay while the city enforces a no dine-in rule.
- Hospitality workers can pick up boxed meals at 915 F Street NW between 5 PM - 8:30 PM. Meals will be available 7 nights a week unless otherwise noted.
- Each day's dish will be shared on social media (@succotashrestaurant).
- Dinners are offered on a first-come, first serve basis, with about 250 meals available (limit two per person, unless there is an emergency situation).
- Other supplies on hand include baby food, diapers, fresh produce, canned food, cereal, paper towels, toilet paper, notebooks, pencils, and aspirin.

### **& Pizza**

- Starting March 16th providing FREE pizza to hospital workers (valid id required). Text them at 200-03 #Hero to obtain unique code. [Click here](#) for more information.

## **Other Food Resources**

### **Expensify.org**

- Matching SNAP grocery purchases up to \$50 per family while funds are available. [Click here for more information.](#)

### **Our Streets**

- DC based app that tells you which stores are stocked with toilet paper, vegetables, and other supplies
- [Download the app here](#)
- Access the [interactive supply map online here.](#)

### **DC Mutual Aid**

- A group of DC residents aiming to build a sense of community and help each other during times of need
- DC Mutual Aid Facebook group - <https://www.facebook.com/groups/492881801379594>
- Ward 1 - <https://tinyurl.com/s75pn24>
- Ward 4/Takoma - <https://tinyurl.com/ub6r4tj>
- Ward 6 - <https://tinyurl.com/wxmhzar>
- Wards 7 and 8 call the hotline (202) 630-0336

## **Farmer's Markets Options**

- FRIDAYS
  - Arcadia Mobile Market at Oxon Run Market has been granted a waiver to operate Friday from 3-5 PM
- SATURDAYS
  - Arcadia Mobile Market at Deanwood Recreation Center has been granted a waiver to operate on Saturday between 10 am and noon.
  - Chevy Chase Farmers Market at Lafayette Elementary School Courtyard has been granted a waiver to operate on Saturday between 9 am and 1 pm
  - Farmers Market SW at 425 M Street SW has been granted a waiver to operate on Saturday between the hours of 9 am and 1 pm
  - FRESHFARM Monroe Street Farmers Market at the Brookland Arts Walk has been granted a waiver to operate on Saturday 9 am and 1 pm.
  - Maret Farmers Market at 3000 Cathedral St. NW has been granted a waiver to operate on Saturday between 8:30 am to 12:30 pm
  - FRESHFARM H ST NE MARKET at 13 and H Streets NE has been granted a waiver to operate on Saturday from 9 am to 12 pm
  - Mt Pleasant Farmers Market at 17th St NW and Lamont St NW has been granted a waiver to operate on Saturday from 9 am to 1 pm
  - FRESHFARM Columbia Heights Farmers Market has been granted a waiver to operate on Saturday from 9 am to 1 pm
- SUNDAYS
  - FRESHFARM Dupont Circle Farmers Market at 1501 20th St NW has been granted a waiver to operate on Sunday from 8:30 am to 1:30 pm.
  - Palisades Farmers Market at 48th Place and MacArthur Boulevard NW has been granted a waiver to operate on Sunday between 9 am and 1 pm

## **Community Kitchens by Jose Andres**

The community kitchens will operate out of the restaurants' side doors with a limited number of volunteers from 12 – 5 pm daily beginning Tuesday, March 17, offering only takeout service.

- America Eats Tavern, Georgetown: A community kitchen will operate from the back upstairs patio.
- China Chilcano, Penn Quarter: Due to the lack of outdoor space at the restaurant, a community kitchen will not be available.
- Jaleo, Bethesda: A community kitchen will operate from the side door.
- Jaleo, Crystal City: A community kitchen will operate from the side door.

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- Jaleo, Penn Quarter: A community kitchen will operate from the side door.
- Oyamel, Penn Quarter: A community kitchen will operate from the side door.
- Zaytinya, Penn Quarter: A community kitchen will operate from the side door.
- Pepe Food Truck, D.C.: Will remain in operation, [check](#) <https://twitter.com/pepebyjose> for current location.

"We feel these community kitchens can help during this challenging time, and those who cannot afford to pay we will welcome as well," Andrés said.

## Healthcare Resources

### Whitman-Walker Health

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- Whitman-Walker will operate in-person respiratory clinics to treat patients who are affected by COVID-19 at Whitman-Walker at 1525 at 1525 14th Street, NW and at Max Robinson Center at 2301 Martin Luther King Jr. Avenue, SE.
- They will also have emergency dental care available at 1525 14th Street, NW.
- Please call the main line at 202-745-7000 for more information.
- The only in-person appointments that will be scheduled at this time are those that support the respiratory clinics
- The following Whitman-Walker services will be closed until further notice:
  - Youth services at Eastern Market
  - Services and programs at LIZ
  - External events and testing with the Community Health team
  - Walk-in HIV/STI testing
  - GMHW sexual health clinic
  - The Corner at Whitman-Walker

**Call our team at 202.745.7000.**

We will evaluate and treat you over the phone - and help limit your exposure to additional illnesses.

If after your phone evaluation, you still need to come into a Whitman-Walker location, we will coordinate with you to be seen as quickly as possible after you arrive for your appointment. We will also share instructions for wearing a mask.

**Additional Resources**

**How to Manage Your Cough At Home**  
[whitman-walker.org/careforcoughs](http://whitman-walker.org/careforcoughs)

**About the Coronavirus**  
[whitman-walker.org/coronavirus](http://whitman-walker.org/coronavirus)

**Prevent the Spread of Germs**  
[whitman-walker.org/preventgerms](http://whitman-walker.org/preventgerms)



\*Note - Medicaid does cover telemedicine if offered by your provider. Medicaid also covers COVID-19 testing if ordered by your doctor.

**Unity Health Care**

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- Offering telehealth video and phone appointments. Whether you're feeling sick or just need a routine check-up, you can see and speak to your provider from the comfort of your home. Call 202-469 -4699 to make an appointment.
- All you need is a smartphone or a computer with video capabilities to schedule a telehealth video appointment! Don't have a smartphone? No problem. You can schedule an audio-only visit through any telephone.
- Please call 202-469-4699 BEFORE coming to one of Unity's health centers, especially if you are showing signs of fever, cough, or shortness of breath.
- See the image below for current clinic hours and locations

HEALTH CENTER	STATUS	HOURS
ANACOSTIA	Open to scheduled patients and walk-ins.	M-F: 8:15am - 8pm; SAT: 8am - 12pm
BRENTWOOD	Open to scheduled patients and walk-ins.	M-F: 8am - 8pm; SAT: 8am - 12pm
COLUMBIA ROAD HEALTH SERVICES	Open to scheduled patients. <b>NO</b> walk-ins.	M-F: 8am - 5pm
EAST OF THE RIVER	Open to scheduled patients. <b>NO</b> walk-ins.	M-F: 8am - 4:45pm
MINNESOTA AVENUE *	Open to scheduled patients and walk-ins.	M-F: 8:15am - 8pm; SAT: 8am - 12pm 2nd & 4th SUN of each month: 8am - 12pm**
PARKSIDE *	Open to scheduled patients and walk-ins.	M-F: 8am - 8pm
SOUTHWEST	Open to scheduled patients. <b>NO</b> walk-ins.	M-F: 8:15am - 4:45pm
STANTON ROAD	TEMPORARILY CLOSED	TEMPORARILY CLOSED
UPPER CARDOZO *	Open to scheduled patients and walk-ins.	M-F: 8:15am - 8pm; SAT: 8am - 12pm 1st & 3rd SUN of each month: 8am - 12pm**

\*Designated as a COVID-19 evaluation site. Patients screened through the call center or nurse triage will be sent to one of these locations for evaluation of COVID-19.

\*\*Minnesota Avenue and Upper Cardozo will both be closed on the 5th Sunday of each month.

### Children's Health Center at THEARC

- Clinic hours 8 AM - 8 PM Mon - Th. 8 AM - 4 PM Fri & Sat. The clinic is located at 1901 Mississippi Avenue SE. Call before you go: (202) 436-3060.

### Bread for the City

- The Northwest Medical Clinic (1525 7th St NW Washington, DC 20001) will be open from 8:30 am to 12:00 pm for **urgent patient visits only**; please call 202-386-7020 for more information.
- During these times, there will be limited grocery pick-up available for medical patients.

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- Rep-Payee check pick-up will be available in the Northwest Center on Monday mornings between 8:30-12:30 and Friday mornings between 8:30-12:00.
- The Southeast Center is closed.

### **Community of Hope**

- Medical, dental, and emotional wellness services remain open and accessible for those experiencing symptoms. Call Community of Hope's advice line if you are a patient and need assistance at 202-540-9857. Testing is available for patients who meet the criteria.

### **SOME**

- Medical clinic hours Mon-Fri 8 AM - 4 PM. Walk-in services only.
- Address: 60 O St NW, Washington DC 20001
- Dental clinic is closed.

### **Mary's Center**

- Adams Morgan and Fort Totten locations are temporarily closed for in-person appointments
- Services will be provided at the Petworth location ONLY, Monday-Friday 9 AM - 5 PM
- Medical & Dental teams will provide in-person care for select patients and urgent dental concerns
- For your safety, **please call first at 844-796-2797** before going to the clinic. Be sure to tell the operator if you have symptoms of a fever, cough, or difficulty breathing.
- Petworth Address: 3912 Georgia Ave NW
- Laboratory: Open Monday – Friday, from 9 AM - 5 PM
- Pharmacy: Open Monday – Friday, from 9 AM - 5 PM with free delivery
- For more information or to schedule an appointment, [please click here](#)

### **Catholic Charities**

- Dental clinics are temporarily closed. In an emergency, please call 202-271-8215
- Medical clinics continue to be open, with patients being screened before arrival.
- Not accepting walk-ins or new appointments.
- Telemedicine appointments are offered for sick patients.

- Health Care Network services as they are available are being done remotely, and many behavioral health services are being done remotely. Call (202) 939-2400 for more information.

**Grubb’s Southeast Pharmacy and Mini Mart**

- Free prescription delivery. Please call (202) 503-3610 to schedule your delivery.
- Open Mon-Fri 8 AM - 6 PM, Sat 9 AM - 3PM, Sun closed
- 1800 MLK Jr Ave SE, Washington, DC 20020
- Spend \$5 with your SNAP or EBT card and get \$5 to spend on fresh produce and fruits

**Health Insurance Coverage**

For help getting medical coverage: DC Health Link



DC Health Link   
@DCHealthLink



If you are a DC resident & worried about COVID-19 because you need to [#GetCoveredDC](#), [DCHealthLink.com](#) has a special enrollment period so that someone w/o insurance can [#GetCovered](#) now. If you live in DC & are uninsured, call (855) 532-5465 & we'll help you  [GetCovered](#).

**Who do I contact with questions about my covered services?**

For coverage with a managed care plan, contact your health plan.

- AmeriHealth (202) 408-4720

A Wider Circle’s Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- AmeriGroup (800) 454-3730
- Trusted (202) 821-1100
- Health Services for Children with Special Needs (HSCSN) (202) 467-2737

For coverage without a managed care plan (fee-for-service), contact the Office of Health Care Ombudsman and Bill of Rights at (877) 685-6391.

## Coronavirus Testing

### AllCare Family Medicine

- Dupont Circle clinic (1710 Rhode Island Ave, Washington DC 20036) is offering drive-through testing after a video consultation with one of their doctors.
- The clinic will conduct tests from 6-7 PM on weekdays and 12-1 PM on weekends. **You MUST book a telemedicine appointment before getting tested.** [Click here to schedule an appointment.](#)

### Children's National Hospital

- Drive up/walk up testing at Trinity University (125 Michigan Ave NE Washington, DC)
- Testing is available only for pediatric patients up to age 22 as referred by their primary care physician. The site will be open from 10 AM until 2 PM on Sunday 3/22, Tuesday 3/24, Thursday 4/9 and Saturday 4/11, weather permitting. **Only children with referrals will be tested.** [Click here for more information.](#)

### George Washington University Hospital

- Drive-through and pedestrian testing for COVID-19 held Monday-Friday 9:30 AM - 3:30 PM
- The drive-through testing is located at 20th and H Streets NW (cars entering at 22nd and H Street NW) and pedestrian testing is located at 22nd and I St NW.
- You must have a physician/health care provider referral to make an appointment. Testing is by appointment only. We are offering a walk-up option for patients without a car.
- [Click here to learn more](#) about the GW Medical System testing process

### Kaiser Permanente

- Drive-up and walk-up testing site for members near its Capitol Hill location. Testing sites are open every day from 9 AM - 5 PM and require a doctor's note and an appointment.
- Please Visit [kp.org/getcare](http://kp.org/getcare) or call 1-800-777-7904 to talk to an advice nurse 24/7 before visiting a testing site.

### MedStar Health

- MedStar's Adams Morgan and Capitol Hill urgent care clinics offer tests with a doctor's order. The locations are open from 8 AM - 8 PM daily.
- If you are experiencing respiratory symptoms, **please call ahead** or take advantage of our telehealth application: [MedStar eVisit](#). Please do not go directly to your doctor's office without calling first, since many can isolate at home without being evaluated in person.
- MedStar Adams Morgan: 1805 Columbia Rd NW, Washington DC 20009 (202-797-4960)
- MedStar Capitol Hill: 228 7th ST SE, Washington DC 20003 (202-698-0795)

### United Medical Center (UMC)

- Starting April 6, the District will test (drive thru and walk-up) on Mondays, Wednesdays, and Fridays. The times of operation include:
  - Monday, April 6, 10 am – 2 pm (drive thru and walk-up)
  - Wednesday, April 8, 10 am – 2 pm (drive thru and walk-up)
  - Friday, April 10, from 10 am – 2 pm (drive thru and walk-up)
- The District will test first responders on Thursday, April 2, from 10 am to 2 pm.
- **An appointment is required and must be scheduled through the Testing Triage Call Center by calling (855) 363-0333**
  - The Testing Triage Call Center hours are 8:30 am to 4:30 pm, Monday through Friday.
- Testing will be in the parking lot of United Medical Center (UMC) at 1310 Southern Avenue SE, Washington, DC 20032. Vehicles should enter via 13th Street, SE and be prepared to wait between 45-75 minutes (please plan accordingly, bathrooms will not be provided on-site). Starting Monday, April 6, individuals walking up should enter from Southern Avenue, SE.

# Mental Health Resources

## Hotlines & Crisis Chat Lines

- National Suicide Prevention Lifeline 1-800-273-8255
- Crisis Text Line - Text "TALK" to 741741, "DESERVE" TO 741-741, or "HOME" to 741-741
- DC Access Helpline 1-888-793-4357
- National Hopeline Network: 1-800-SUICIDE (800-784-2433)
- Lifeline Crisis Chat (Online live messaging):  
<https://suicidepreventionlifeline.org/chat/>
- Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288)
- Family Violence Helpline: 1-800-996-6228
- Planned Parenthood Hotline: 1-800-230-PLAN (7526)
- American Association of Poison Control Centers: 1-800-222-1222
- National Council on Alcoholism & Drug Dependence Hope Line: 1-800-622-2255
- National Crisis Line - Anorexia and Bulimia: 1-800-233-4357
- GLBT Hotline: 1-888-843-4564
- TREVOR Crisis Hotline: 1-866-488-7386
- AIDS Crisis Line: 1-800-221-7044
- Veterans Crisis Line: <https://www.veteranscrisisline.net>
- TransLifeline: <https://www.translifeline.org> - 877-565-8860

**EveryMind Hotline** - Call 301-738-2255 or chat:

<HTTPS://SUICIDEPREVENTIONLIFELINE.ORG/CHAT/>

## Headstrong

- Nonprofit organization that supports post-9/11 veterans with free mental health treatment
- Visit their website <https://getheadstrong.org/get-help/> to connect to care now

## National Alliance on Mental Illness (NAMI)

- The Montgomery County chapter NAMI is offering free support groups online through Zoom. [Click here for more information.](#)
- For more information on the DC chapter of NAMI, [click here.](#)
- [Click here](#) to read NAMI's COVID-19 Resource and Information Guide for tips and information on caring for you and your loved ones' mental health during this time

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

- If you are experiencing a mental health crisis, text “NAMI” to 741741
- For more help please call the NAMI Helpline at 800-950-NAMI or email [info@nami.org](mailto:info@nami.org) Monday-Friday 10 AM-6 PM

### **Helpful Articles and Tips**

- [Managing Stress Associated with the COVID-19 Virus Outbreak](#) - National Center for PTSD
- [Manage Anxiety and Stress](#) - Centers for Disease Control and Prevention (CDC)
- [Taking Care of Your Emotional Health](#) - Centers for Disease Control and Prevention
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#) - National Association of School Psychologists
- [Five Ways to View Coverage of the Coronavirus](#) - American Psychological Association
- [Coping with Coronavirus Anxiety](#) - Harvard Medical School
- [Talking to Kids About the Coronavirus](#) - Child Mind Institute
- [Taking Care of Your Mental Health in the Face of Uncertainty](#) - American Foundation for Suicide Prevention
- [Coping with Coronavirus: Managing Stress, Fear and Anxiety](#) - Joshua Gordon, Director – National Institute of Mental Health
- [Parent/Caregiver Guide for Coping with COVID-19 Coronavirus](#) - The National Child Traumatic Stress Network (NCTSN)
- [Coronavirus: Mental Health Coping Strategies](#) - National Alliance on Mental Illness (NAMI)
- [Mental Health Experts Offer Advice of Staying Calm During COVID-19](#) - National Institute of Mental Health

# Maintaining Your MENTAL HEALTH

Need someone to talk to; we're here to help! Certified clinicians are available for you 24/7. Call the Department of Behavioral Health mental health hotline: 1-888-793-4357.

## Tips for Reducing Anxiety:



Reach out for help; your mental health is important.



Exercise regularly.



Limit time spent in public places.



If working from home or in self-quarantine, arrange your space so it's calming. Make sure you shower and get dressed like you're going to work.



Moderate news intake.



Practice deep breathing exercises or other methods of meditation.

[CORONAVIRUS.DC.GOV](https://www.coronavirus.dc.gov)



**DC HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**DC MURIEL BOWSER, MAYOR**

## Substance Abuse

### Substance Abuse and Mental Health Services Administration (SAMHSA)

- Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

[Online Help to Stay Sober During a Pandemic](#) - New York Times

[The Food & Wine Pro Guide to Mental Health and Sobriety Resources](#) - Food & Wine Magazine

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

# Grief Resources

## The Dinner Party

- A virtual “dinner party” that matches grieving individuals to groups of other grieving peers to connect, talk, and share their experiences.

## Claire Bidwell Smith

- Author and grief therapist offers free meditations and grief resources online through her website.

## Grief, Gratitude, and Greatness

- A podcast series that explores the different ways we grieve, the gratitude that allows us to persevere, and the greatness we discover along the way.

## Grief and Fear After a Covid-19 Death: Managing a Double Trauma

- A CNN article with helpful tips, links, and resources

## Grief: Releasing Pain, Remembering Love & Finding Meaning

- A free online support group via Facebook run by grief expert David Kessler

## Grief Share

- Hosts free, virtual grief recovery support groups across the country

## The Wendt Center for Loss and Healing

- Local DC organization offering grief resources online as well as over the phone. Call 202-204-5021 for more information.

## Meditation apps

- [Headspace](#) - Free during COVID-19
- Calm - Regular subscription plans still available for a cost, [but select free resources are available here](#).
- [Breethe](#) - Basic program is free. Additional content available for purchase. More free content is also available on [Breethe's YouTube channel](#).

# Domestic Violence

## Hotlines & Crisis Chat Lines

- National Domestic Violence Hotline Call 1-800-799-7233 or chat at [thehotline.org](http://thehotline.org)
- DC Victim 24-Hour Hotline 1-844-443-5732
- House of Ruth 24-Hour Hotline 410-889-7884, Legal Hotline 888-880-7884
- DC Rape Crisis Center Hotline 202-333-7273
- National Sexual Assault Hotline 1-800-656-4673
- National Human Trafficking Hotline 1-888-373-7888

## DC SAFE

- Working with DC Metro Police, DC Superior Courts, and DC Attorney General to execute Emergency Temporary Protective Orders (ETPOs)
- All existing Civil Protective Orders cases are now extended until May 1, 2020, and if orders are violated DC Police are still available to respond.
- Temporary Protection Orders (Stay Away orders) that were issued for two weeks and were to expire in March will not expire until May 15th or the next assigned court date.
- For help or more information please reach out to the DC Victim Hotline (1-844-443-5732)

## Doorways (Arlington, VA)

- 24-Hour Domestic & Sexual Violence Hotline 703-237-0881
- Still accepting new clients in their Domestic Violence Safehouse, Safe Apartments, and Family Home shelter for homeless youth and families, according to our standard eligibility criteria and protocols, plus additional measures being taken in light of COVID-19. Call 703-504-9400 for more information.

# Housing & Homelessness

Last Updated: April 2, 2020

THE OFFICE OF  
**ANITA BONDS**  
COUNCILMEMBER AT-LARGE

This bulletin describes housing protections provided to District residents under the recent emergency legislation passed by the Council on March 17, 2020 in response to the coronavirus (COVID-19) public health emergency. The bulletin also provides information on the current operational status of the District's housing agencies.

## **FOR RENTERS & HOUSING PROVIDERS:**

- The deadlines for tenants and tenant organizations to exercise their rights under the Tenant Opportunity to Purchase Act (TOPA) have been extended until 30 days after the public health emergency has been lifted.
- Late fees on rent payments during any month of the public health emergency are prohibited.
- Evictions throughout the term of the public health emergency are prohibited.
- Utility shutoffs (gas, electric, and water) are prohibited during the term of the public health emergency.
- To reach the Rental Housing Commission, call 202-442-8949 or email [rh.clerk@dc.gov](mailto:rh.clerk@dc.gov).
- Those needing legal services should contact the Office of the Tenant Advocate at 202-719-6560. Residents may also or access the "Ask the Chief Tenant Advocate" system online by visiting <https://ota.dc.gov/>, clicking on "OTA Housing Assistance and Community Service", "Ask the Director", completing the request, and then clicking "submit".
- Documents for the Rental Accommodations Division, Rent Administrator, and the Conversion and Sale Division can be dropped off at 1800 Martin Luther King Avenue, SE at the DC Department of Housing and Community Development (DHCD) and will be processed within 3 business days.
- The Housing Resource Center will not be open for walk-in consultations during the District's adjusted operating hours. Any resident who has previously scheduled an appointment with DHCD should call the point of contact for further information to reschedule these appointments.

## **FOR HOMEOWNERS/HOMEBUYERS:**

- DC Housing Finance Agency staff are currently teleworking, and all public homebuyer events have been cancelled. However, residents may still apply for their various products, such as HPAP, and can reach agency staff by emailing [info@dchfa.org](mailto:info@dchfa.org) or by calling 202-777-1600.



John A. Wilson Building - Suite 404  
1350 Pennsylvania Avenue, NW Washington, DC 20004

(202) 724-8064 | [f](https://www.facebook.com/anitabondsdc) [i](https://www.instagram.com/anitabondsdc) [t](https://www.twitter.com/anitabondsdc) [l](https://www.linkedin.com/company/anitabondsdc) @anitabondsdc  
[www.anitabondsdc.com](http://www.anitabondsdc.com)



THE OFFICE OF  
**ANITA BONDS**  
COUNCILMEMBER AT-LARGE

**FOR PUBLIC HOUSING RESIDENTS & VOUCHER HOLDERS:**

- The District of Columbia Housing Authority will continue to address emergency work orders and maintain and secure its communities. Please route all emergency work orders to 202-535-1000 and send general inquiries to [covid19@dchousing.org](mailto:covid19@dchousing.org). General questions will be answered 24-36 hours after receipt.
- Initial eligibility, initial and emergency inspections, and rental assistance payments for participants of the housing choice voucher are proceeding as normal; annual inspections scheduled for 3/16 – 3/31 are being rescheduled; annual re-certifications due 3/16 – 3/31 are also being paused. Residents can still drop off documents/packets to the DCHA lobby in a designated lockbox.
- The SW Family Enhancement and Career Center (Ward 6) and Fred Douglass Community Center (Ward 8) are closed and activities have been cancelled.

**FOR SENIOR CITIZENS:**

- The Department on Aging and Community Living (DACL) has arranged for meals to be delivered to the homes of participating seniors while meal sites are closed.
- DAACL is also rolling out a “Call & Talk” hotline for seniors to call in and hold general conversations with DAACL staff and volunteers.
- All Adult Day Health Programs and Social and Recreation Programs are suspended.
- Seniors may visit [www.aroundtowndc.org](http://www.aroundtowndc.org) for online activities.
- Available transportation opportunities for seniors include:
  - The Connector Card Program: Based on eligibility, call 202-844-3000.
  - MedExpress: Transportation to essential medical appointments, such as chemotherapy or dialysis, or DDS, Medicaid, or SNAP appointments.
  - WMATA: Travel on public transportation is limited, and residents should only use this service if absolutely necessary.
  - Yellow Cab: 24-hour service, reserve 30 mins to 1 hour in advance by calling 202-544-1212 **at any time** or reserve online at <https://dcyellowcab.com/>.
- Seniors wishing to register for the meal delivery service, chat on the “Call & Talk hotline, or inquire about general information should call 202-724-5626.
- For additional updates, visit <https://coronavirus.dc.gov/page/senior-resources>



John A. Wilson Building - Suite 404  
1350 Pennsylvania Avenue, NW Washington, DC 20004

(202) 724-8064 |    @anitabondsdc  
[www.anitabondsdc.com](http://www.anitabondsdc.com)

### **DC Shelter Hotline**

- Individuals and families seeking access to homeless services can call the DC Shelter Hotline at (202) 399-7093 or 311 at any time of the day or night.
- A searchable list of local shelters can be found [online here](#).
- All low-barrier shelters, family shelters, and shelters serving youth will remain open, including but not limited to the following:
  - [Covenant House](#) - 2001 Mississippi Ave SE, 202-610-9600
  - [Central Union Mission](#) - 65 Massachusetts Ave NW, 202-745-7118
  - [DC Coalition for the Homeless](#) - 202-347-8870
- Zoe's Doors Youth Drop-In center located at 900 Rhode Island Ave NE will remain open as well as the Sasha Bruce Youth Drop-In Center at 741 8th St SE

### **SOME**

- Clothing is available in emergencies only by visiting the front desk between 8-10 AM
- Shower facilities will be open daily for men from 6-9:30 AM and for women from 9:45-11 AM. If you require special accommodations, please speak with a staff member. The waiting room will be available for use by shower patrons only.
- Addictions treatment operating as usual

### **Christ House**

- 24/7 medical care available for individuals experiencing homelessness
- A staff of physicians, nurses and nursing assistants are prepared to perform tests, change dressings and provide vaccinations. Even during the pandemic, the staff is prepared to admit new patients.
- Address: 1717 Columbia Rd NW
- Phone: 202-328-1100

### **[U-Haul Offers 30 Days Free Self-Storage amid Coronavirus Outbreak](#)**

## DC Public Handwashing Stations



DC | DEPARTMENT of  
HUMAN SERVICES

### **Handwashing Station Locations in the District of Columbia in Response to the COVID-19 (coronavirus) Public Health Emergency**

To mitigate the spread of coronavirus (COVID-19), the District has placed handwashing stations at 17 locations throughout the city. The stations are being managed by the Department of Human Service (DHS) and serviced by the Department of General Services (DGS). Additional stations are being provided by partners.

For more information and resources regarding COVID-19, please visit [coronavirus.dc.gov](https://coronavirus.dc.gov). For more information about DHS services and resources, visit [dhs.dc.gov](https://dhs.dc.gov) or contact [dhs.covid19@dc.gov](mailto:dhs.covid19@dc.gov).

- 1) M & Wisconsin: NW Corner by the COS store
- 2) Albemarle and Wisconsin: NW corner, on Albemarle by the metro entrance
- 3) Dupont Circle: Right in the middle
- 4) 21<sup>st</sup> & E Encampment: SE corner of 21<sup>st</sup> and E
- 5) Georgia Ave & Missouri Ave by the Northbound bus station on Georgia in front of the Wal-Mart
- 6) Brookland metro
- 7) 14<sup>th</sup> and Park: Columbia Plaza
- 8) Eastern market metro
- 9) Bladensburg/Florida Avenue intersection
- 10) Safeway in SW near Waterfront Metro
- 11) Malcolm X and Martin Luther King Avenue: In front of the Popeyes
- 12) East Capitol and Benning Rd intersection: At the shrimp boat
- 13) 2<sup>nd</sup> and M Street NE near REI
- 14) Union Station: Near the metro escalators
- 15) Franklin Park: NW Sidewalk, K St. and 14<sup>th</sup> Street by the bus-stop on 14th
- 16) Farragut Square: Sidewalk near the corner of K Street and 17<sup>th</sup> Street NW
- 17) 3<sup>rd</sup> and Virginia Avenue SE

P.O. Box 91920, 64 New York Avenue, NE • Washington DC 20002  
P 202.671.4200 F 202.671.4326 • DHS.DC.GOV

\*\*\* GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
DC MURIEL BOWSER, MAYOR

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

## Unemployment Insurance & Workers' Rights

The DC City Council passed emergency COVID-19 legislation with tenant and rental housing rights, to include:

- **Utility services:** Utility companies (electric, gas, and water) are prohibited from disconnecting services during a public health emergency and for 15 days following the end of the emergency
- **Evictions & late fees:** Housing providers are prohibited from:
  - Evicting any residential tenant during the emergency (commercial tenants are also protected)
  - Charging a late fee during the emergency
- **TOPA & RHA rights:** Tenant and tenant association deadlines under the Tenant Opportunity to Purchase Act (TOPA) – and the Rental Housing Act -- are extended until 30 days after the end of the emergency;
- **Licensing & registration:** The Mayor is allowed to extend housing provider (and other) licenses and registration deadlines.
  - Evicting any residential tenant during the emergency (commercial tenants are also protected)
  - Charging a late fee during the emergency

### Unemployment Insurance

The COVID-19 Emergency Bill provides unemployment insurance (UI) for all eligible employees *upon application*. There's no one-week waiting period and no requirement to search for work, as there normally is for UI. Here's who is eligible:

- Someone laid off from a workplace closing permanently or eliminating a position.
- Someone who is laid off temporarily, with a promise that they'll be hired back will also receive UI.
- Expands eligibility to include most self-employed and independent contractors – however, if you aren't eligible, please see below for small business grants you would be eligible for.
- Ensures that someone who self-quarantines, or whose hours are reduced because of a public health emergency—including an employee of a business that's required to shut down—is considered unemployed for purposes of receiving unemployment insurance.
- It also includes employees who left a job because the employer did not comply with DOH public safety directives, or who quit/was fired because the employer

required them to show up after work after they'd been advised to self-quarantine.

- Residents can visit the DOES website (<https://does.dc.gov>) or call the DOES Navigation Call Center at (202) 724-7000, for information on DOES services and to file unemployment insurance claims.

## DC Unemployment Insurance (UI) Basics For COVID-19 Emergency

### Am I eligible for Unemployment Insurance?

**I received a layoff notice or significant reduction of work hours from my DC-based employer.**

**YES**, you should apply for UI. Unemployment insurance is the best way to give you cash assistance, and your employer has been paying into the UI Trust Fund for this reason.

**I am a DC resident who works as an independent contractor to a business, I receive a 1099, and/or I earn money through gig work such as Pared, Lyft, and Uber.**

**YES**, independent contractors and gig workers now are eligible for UI under the federal CARES Act, but DC's UI system is not ready for you to file right now. Adjustments need to be made to the claims system first. Upon successful completion of a claim, you will receive UI benefits retroactive to your first week of unemployment after Jan. 27, 2020. Please check agency website at [does.dc.gov](https://does.dc.gov) for more information on when system will be ready.

**I have been diagnosed with COVID-19, I have had contact with a COVID-19 positive case, I have been ordered to quarantine/isolate or I have decided to self-quarantine/isolate on recommendation from a doctor and that has led to temporary separation from work.**

Before applying for UI, determine if you are eligible for **paid sick time** under new federal and District laws (more information at [elissasilverman.com/coronavirus](https://elissasilverman.com/coronavirus)). If so, talk to your employer about staying on staff while you isolate. If you aren't eligible for paid time off or if you use up all your time and need more, then you should apply for UI.

### How does UI work?

**How much money will I receive and for how long?**

DC's maximum weekly benefit is **\$444 a week**. If you earn less than \$45,000 a year, your DC weekly benefit is about half of your average weekly earnings over the last year. Also, due to the federal CARES Act, every claimant will receive **an additional \$600 per week** starting the first week of April until the end of July. UI benefits can last up to 39 weeks.

**When will I start getting my benefits?**

UI cash assistance is given through direct deposit or a benefit card (like a debit card). Benefits are usually paid starting 14 to 21 days after you apply.

**Do I need to prove I am looking for work? Is there still a one-week waiting period?**

DC has **waived the one-week waiting period** and **work search requirements** for all claimants. If you receive a denial based on these questions, email [covid19.ui@dc.gov](mailto:covid19.ui@dc.gov) to resolve. Keep all records from the agency.

**Email [covid19.ui@dc.gov](mailto:covid19.ui@dc.gov) with specific questions about your claim**

### How do I apply?

Best to use desktop or laptop computer to fill out application online at [dcnetworks.org](https://dcnetworks.org). Application most compatible with Internet Explorer browser and **cannot be filed with a cell phone**. If you don't have computer and internet access, call **202-724-7000**.

### What documents/information do I need when applying?

- Name, address, phone number of employer
- Dates of employment
- Social Security Number
- If not U.S. citizen, alien registration number
- If ex-military, DD-214
- If former federal employee, Standard Form 8 or 50
- Any severance pay from your employer
- Any pension benefit

### Who can I talk to about my rights?

Washington Lawyers' Committee Workers' Rights Clinic  
**202-319-1000**

Legal Aid Society of the District of Columbia  
**202-628-1161**



## Worker Scenarios and Benefits Available During COVID-19 Public Health Emergency

	Paid Sick Time (Accrued Sick and Safe Leave Act)	Unpaid Leave (DC Family and Medical Leave Act with Emergency Expansion)	Unemployment Insurance (With Emergency Expansion)
Employee has COVID-19 or symptoms of COVID-19	PST	UL	UI
Employee unable to work due to school or daycare closure	✕	USUALLY	✕
Employee exposed to COVID-19 and quarantined. Employer remains open.	PST	UL	UI
Employee out of work because employer voluntarily closed	✕	✕	UI
Employee out of work because employer mandated to close	✕	✕	UI
Employee has fewer work hours available due to business slow-down or lack of demand	✕	✕	UI
Employee refuses to work because employer stays open in defiance of mandated closure of business	✕	✕	UI
Employee refuses to work to practice social distancing even though employer allowed to remain open	✕	✕	✕
Employee is immune-compromised and advised by healthcare provider to self-quarantine	PST	UL	UI
Health care worker exposed to COVID-19 at work and self-quarantines	PST	UL	UI
Employee is caring for a family member who has COVID-19 or symptoms of COVID-19	PST	UL	✕
Employee is caring for a family member who is immune-compromised and who was advised by healthcare provider to self-quarantine	PST	UL	✕

**Employees who are eligible for multiple programs should compare them to see which is best for their needs.**

Information in this table is meant to give a general overview of benefits and rights available in COVID-19 work-related situations as of 3/18/20. Employees may need to have worked for a minimum number of days or hours, have consulted with a health care provider, and/or provided documentation to demonstrate eligibility.



# HOW TO FILE AN UNEMPLOYMENT INSURANCE (UI) CLAIM

District employees may file for unemployment compensation at [www.dcnetworks.org](http://www.dcnetworks.org).

To begin the process of filing for your unemployment benefits, you will need to have the following information readily available:

- Your social security number
- Your most recent 30-day employer's name, address, phone number and dates of employment
- Your Alien Registration Number, if you are not a US Citizen
- Your DD214, if you are ex-military
- Your Standard Form 8 or Standard Form 50, if you are a former federal employee
- Severance pay information (only applicable if you did or will receive severance pay)
- Pension information (only applicable if you are receiving a pension payment)
- Evidence of a public health emergency impact (if applying in relation to the COVID-19 public health emergency). Documentation may include:
  - ❖ A letter documenting a voluntary request or involuntary order to isolate or quarantine from a medical professional or local health official.
  - ❖ A note from your medical provider or medical records office recommending isolation or quarantine.
  - ❖ A self-determination that the Department of Health's quarantine guidance applies to you.

## Eligibility Criteria

A person eligible to receive Unemployment Insurance must meet the following criteria:

1. Be unemployed through no fault of your own
2. Be able to work
3. Be available to work, absent a quarantine or self-isolation order related to COVID-19.
4. Be actively seeking work, unless your unemployment is related to the COVID-19 emergency.

## On-Line Filing

1. Log on to [www.dcnetworks.org](http://www.dcnetworks.org) and click the tab labeled "Claim Unemployment Benefits"
2. On the Unemployment Insurance Service Center for Claimants page, locate and click the section marked "File for Benefits"
3. Scroll to the bottom of the page and click the section marked "File Your Claim On-Line"
4. Proceed to answering the questions with accurate information in order to complete the claim filing process

## Customer Navigation Center

Claimants are encouraged to file online at [www.dcnetworks.org](http://www.dcnetworks.org) to avoid long wait times by phone. If you are having trouble filing your claim online, call 202-724-7000 to connect to DOES' Customer Navigation Center.

## Sick Leave - Understand Your Civil Rights

- District businesses should treat consumers and employees fairly despite the ongoing public health crisis.
- District law requires employers to provide reasonable accommodations to workers with disabilities.
  - For example, employees that request to work from home because of a medical condition that weakens their immune system should be accommodated to the extent possible.
- District law prohibits businesses from discriminating against consumers and employees.
  - For example, District businesses cannot discriminate against people of specific racial groups or people from specific foreign countries based on stereotypes about their race or national origin.
- Every District resident is legally entitled to paid sick days annually. This is a really good time to use them if you aren't feeling well. [Here's info on your rights.](#)
- The COVID-19 Emergency Bill creates a new type of leave under the Family and Medical Leave Act, called “declaration-of-emergency leave” (or DOE). It allows all employees whom DOH recommends to self-quarantine or who test positive for covid-19, to take DOE leave. DOE leave is available to all employees—regardless of their employer’s size. It does mean the employee gets up to 16 weeks of medical leave (every 2 years) without fear of losing their job.
- Report discrimination: If you experience discrimination of any kind, report it to OAG by calling 202-727-3400, emailing [OAGCivilRights@dc.gov](mailto:OAGCivilRights@dc.gov), or filling out our [online form](#). You can also file a complaint with D.C. Office of Human Rights through their [online civil rights complaint form](#).

# KNOW YOUR RIGHTS

## Your Sick Leave & FMLA Protections in the District of Columbia

### All Workers in the District of Columbia Have the Right to Paid Sick Days:

- To take care of yourself
- To take care of a sick loved one, or
- To attend medical appointments

### The Number of Paid Sick Days Earned Depends on Workplace Size:

- Employers must provide at least:
- 3 per year (1-25 employees)
- 5 per year (25-99 employees)
- 7 per year (100+ employees)
- 5 per year (tipped restaurant worker, any number of employees)

### Workers in the District of Columbia Have the Right to Take Family and Medical Leave:

- To recover from an illness that prevents you from working (medical leave)
- To care for an ill family member (family leave)
- For the birth or adoption of a child (family leave)

### In a 24 Month Period Workers Have a Right To:

- 16 weeks of unpaid family leave AND
- 16 weeks of unpaid medical leave

**If your rights are violated, contact the Washington Lawyers' Committee at (202) 319-1000 or [clinic@washlaw.org](mailto:clinic@washlaw.org)**

Maryland and Virginia workers: please contact us to know your rights.

### To Qualify, Employees Must:

- Work for an employer with 20 or more employees
- Have worked for at least one year for the employer and worked at least 1000 hours during the last 12 months

Employers cannot retaliate against or discipline a worker for taking sick leave or Family and Medical Leave.



WASHINGTON LAWYERS' COMMITTEE  
FOR CIVIL RIGHTS AND URBAN AFFAIRS

## For Small Business Owners

- The US Small Business Administration (SBA) Office of Disaster Assistance will provide targeted, low-interest loans to Washington, DC small businesses that have been severely impacted by COVID-19.
  - The SBA's Economic Injury Disaster Loan program provides working capital loans of up to \$2 million that can provide vital economic support to help qualified small businesses and private nonprofit organizations overcome the temporary loss of revenue as a result of the COVID-19 virus outbreak. These loans may be used to pay fixed debts, payroll, accounts payable, and other bills that cannot be paid because of the disaster's impact. Terms are determined on a case-by-case basis, based upon each borrower's ability to repay.

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 ▪ [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

- DC businesses can start the process by [clicking here](#) and then “Apply for Assistance.”
- You can prepare to apply by reviewing the [“Three Step Process” of SBA Disaster Loans](#) to understand what to expect in the application process.
- Disaster loan applicants can call the SBA Disaster Assistance Customer Service Center at 1-800-659-2955 (7 am -9 pm every day) or email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov) for help in completing their online application.
- Local assistance can be found at [www.sba.gov/local-assistance](http://www.sba.gov/local-assistance)
- DC businesses can also download the 2020 [Small Business Resource Guide](#) for the Washington Metropolitan Area as a resource.


 GOVERNMENT OF THE  
 DISTRICT OF COLUMBIA  
 DC MURIEL BOWSER, MAYOR

## SMALL BUSINESS RECOVERY MICROGRANTS

**JUST ANNOUNCED**

**\$25 MILLION FUND**



### ELIGIBILITY CRITERIA

- Located in Washington, DC
- Business license is up to date
- At least 25% revenue loss due to COVID-19



### BEFORE APPLYING, CORE ITEMS TO PREPARE

- 2017 & 2018 Tax returns  
(Personal returns accepted if business returns unavailable)
- 2019 Profit & Loss Statement
- Schedule of Liabilities

**APPLICATION AVAILABLE ON  
 TUESDAY, MARCH 24 AT  
[CORONAVIRUS.DC.GOV/RECOVERY](http://CORONAVIRUS.DC.GOV/RECOVERY)**

A Wider Circle’s Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

## Legal Resources

**HKM Employment Attorneys**: A national employment rights law firm with local offices on G Street NW and in Arlington, has opened a pro bono 24/7 hotline and resource center for those with coronavirus-related questions in regards to their employment. Call 202-871-8188

### **Miriam's Kitchen**

- Providing social and legal aid services daily from 6:30-9:45 AM and 2:3-5:45 PM. Call 202-452-8926 ext. 1 for more information.

### **Lawhelp.org/DC**

- Continuously updating [a web page with information on the latest operating status of legal services providers in DC](#)

### **Other Legal Resources**

- [Washington Lawyers' Committee Workers' Rights Clinic](#): (202) 319-1000
- [The Claimant Advocacy Program \(CAP\) of the Metro Washington Council AFL-CIO](#): 202-974-8159 or 202-974-8149
- [Legal Aid Society of the District of Columbia](#): 202-628-1161
- [D.C.Consortium Of Legal Services Providers Reference Guide](#)

# Financial and Bill Payment Support

## Paying Bills

Information about paying bills from the Consumer Financial Protection Bureau (CFPB): As you plan for the potential impact of the coronavirus, there are a number of steps that you can take to help protect yourself or a loved one financially, both in the short and long term.

1. Contact lenders to let them know about your situation. Financial Institutions are being encouraged to work with customers to meet their needs. This includes credit card companies, mortgage lenders, student loans and auto payments

When contacting your lenders, be prepared to explain:

- Your situation
  - How much you can afford to pay
  - When you're likely to be able to restart regular payments
  - Your income, expenses and assets
  - Why you need a delayed or reduced payment program
2. Work with housing and credit counselors to understand your options
    - The U.S. Department of Housing and Urban Development (HUD)-approved [housing counselors](#) can discuss options with you if you're having trouble paying your mortgage loan or reverse mortgage loan. This may also include [forbearance](#) or a modified payment program.
  3. Contact reputable [credit counseling organizations](#). There are specific [questions to ask to help you find a credit counseling organization](#) to work with.
  4. Contact debt collectors to identify a realistic repayment plan. The Bureau offers a number of [resources for contacting and negotiating with debt collection companies](#).
  5. You can look to your [state's unemployment policies](#) to identify current options for benefits. Your [state's public health office](#) may also have information.
  6. Be aware of potential scam attempts
- [Click here for more information](#) from CFPB on paying your bills and managing finances during the pandemic.
  - [Click here](#) to learn what you need to know about student loans during the pandemic.

## Pepco

Pepco is suspending service disconnections and waiving new late payment charges at least until May 1 and will be working with customers on a case-by-case basis to establish payment arrangements and identify energy assistance options.

At this time, Pepco will continue to respond to requests to start, stop or more service, which in many cases, can be done remotely, without accessing customer homes or businesses. In cases where accessing a building is necessary, our employees and contractors are being advised to take appropriate action, such as wearing appropriate PPE to perform their jobs safely.

### What should customers do if they are challenged to pay their bill?

Customers who may be challenged in paying their Pepco bill should contact Pepco Customer Care at 202-833-7500.

Pepco will work with customers who may have difficulty paying their energy bill. The company offers payment options, like Budget Billing, which averages payments over a 12-month period to help customers manage their monthly energy bill, or flexible payment arrangements that offer individually tailored payment installment plans.

Through Pepco's Gift of Energy program, anyone can make a payment toward a friend or family member's energy bill. The gift will appear on a future bill as a credit to the recipient's account.

Pepco works closely with its community partners to connect customers with grants and programs like **LIHEAP, the Low-Income Home Energy Assistance Program**. LIHEAP provides grants in varying amounts based on a household's income size, type of fuel, and type of dwelling, with no pay back required. District residents can apply for assistance online through the Department of Energy and the Environment website or by calling 3-1-1. Maryland customers can apply for LIHEAP energy assistance through the Department of Human Services website, by visiting a Local Energy Assistance Office, or by calling the Maryland Department of Human Services Office of Home Energy Programs at 1-800-332-6347.

Other programs supporting District customers include:

- The **Utility Discount Program (UDP)** assists low-income District residents reduce their utility costs. Eligible customers may receive a discount of up to \$475 per year on their electric bill (\$300 per year if non-electric heat). District residents can visit the Department of Energy and the Environment website at **doee.dc.gov** to apply online or calling 3-1-1 to schedule an in-person appointment.
- The **Greater Washington Urban League** provides up to \$500 in assistance to eligible customers facing disconnection. Customers can call 202-265-8200 or visit [www.gwul.org](http://www.gwul.org).

Other programs supporting Maryland customers include:

- The **Electric Universal Service Program (EUSP)** helps eligible customers pay for a portion of their current electric bill.
- The **Arrearage Retirement Assistance (ARA)** program helps customers with large, past due electric and gas bills. If eligible, customers may receive forgiveness of up to \$2,000 towards their past due bill.
- The **Utility Service Protection Program (USPP)** is designed to help low-income families during the heating season. Information regarding these programs can be found on the
- Maryland Department of Human Services Office of Home Energy Programs website or by calling 1-800-332-6347.
- Prince George's County residents may qualify for energy assistance from Mary's Center by calling 202-847-4247 or go directly to [maryscenter.org](http://maryscenter.org).
- Income eligible Montgomery County residents can receive energy assistance from Interfaith Works by calling 301-762-8682.

Pepco customers with a disconnection notice or who currently have service disconnected can receive a grant up to \$1,000 once a year through the **Pepco Washington Area Fuel Fund Partnership administered by the Salvation Army**. Customers in the District of Columbia (wards 1-6) call 202-332-5000 or (wards 7-8) call 202-678-9771. Prince George's County residents can call 301-277-6103 and Montgomery County residents can call 301-515-5354 for assistance.

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

## **Don't Get Scammed: Customers can avoid being scammed by taking a few precautions**

1. **Never provide your social security number or personal information** to anyone initiating contact with you claiming to be a company representative or requesting you to send money to another person or entity other than Pepco.
2. **Always ask to see a company photo ID** before allowing any Pepco worker into your home or business.
3. **Never make a payment for services to anyone coming to your door.**

## **How to protect yourself**

- Pepco representatives will never ask or require a customer with a past due balance to purchase a prepaid debit card to avoid disconnection.
- Customers can make payments online, by phone, automatic bank withdrawal or by mail.
- Customers with a past due balance will receive multiple shut off notifications – never a single notification one hour before disconnection.
- If a customer ever questions the legitimacy of the call, hang up and call Pepco at 202-833-7500.

## Washington Gas

There are several payment options available to help manage your Washington Gas bill.

### Budget Plan

The Budget Plan spreads the cost of winter heating over the entire year. We calculate your average monthly payment based on historical natural gas usage, adjusted for normal weather and projected gas costs. Periodically, we review your account to confirm that our monthly estimate is on target. Each month, your bill will show actual gas usage and bill amounts, along with budget installments, so you can review the information. Depending on the time of year, your budget installment may be more or less than your actual monthly usage.

If actual gas costs, weather and/or usage differ significantly from our original estimate, we may adjust your monthly payment to prevent significant charges or credits at the end of your budget year. You may also request an adjustment to your monthly budget

payment. If an adjustment to your monthly budget payment is necessary, you will be notified and can decide whether to change your monthly budget payment amount.

Your 12<sup>th</sup> monthly bill will reflect the last installment of your budget cycle – adjusted for the difference between actual and budgeted gas usage. Overpayments are credited to your account unless a refund is requested. If you use more gas than you paid for, you owe the company the difference. This amount will be billed in the 12<sup>th</sup> monthly bill of the budget cycle.

The Budget Plan is designed as a 12-month program, and we encourage you to stay on it year-round to realize the potential benefits. Remember that continued participation in the plan depends on your ability to make the monthly budget payment. A late payment or failure to pay may result in removal from the plan, and the full amount of the account balance will become due. For information or to enroll, call our Automated Services Line at 703-750-7944 or download the Billing and Payment Plans Brochure and mail in the application. Please have your Washington Gas account number available. Customers outside the local calling area may dial 800-752-7520.

Please call us at 844-WASHGAS (927-4427) if you choose to purchase natural gas from an energy supply company and want to participate in the Budget Plan.

#### eBill Automated-Payment Plan (EBAP)

Pay your bill automatically every month through the eBill Automated Payment Plan (EBAP). Washington Gas will continue to bill you each month, but, on your payment due date, the bill amount will be automatically deducted from your checking account – no check writing, postage or waiting in line.

An email notice will be sent every month with a link to view your electronic bill. With EBAP, you can select the number of days after billing when you would like the payment to be deducted and you can set a maximum payment amount. If the amount of the bill surpasses the maximum amount, the payment will be suspended to allow the account holder to investigate the charges. Additionally, all program details can be managed online any time, day or night. To enroll or learn more, call our Customer Service Line at 844-WASHGAS (927-4427), download our Billing and Payment Plans Brochure and mail in the application or visit our eService Center.

### Automated-Payment Plan (APPL)

Rather receive a paper bill each month? Then pay your gas bill automatically each month through the Automated Payment Plan (APPL). Washington Gas will continue to mail you a statement each month, but, on the due date, the amount of the bill will be deducted electronically from your checking account. If you have questions about the amount of your bill or wish to suspend an automated payment, please call us at 844-WASHGAS prior to 4 p.m. at least three business days before your bill is due. When an automated payment is suspended, other payment arrangements must be made. Also, please notify Washington Gas if you change your checking account. To enroll or learn more, call our Customer Service Line at 844-WASHGAS (927-4427), download our Billing and Payment Plans Brochure and mail in the application or visit our eService Center.

### Payment Extension Plan (Residential Customers Only)

The Payment Extension Plan (offered to residential customers only) can extend the due date for customers – typically individuals whose main source of income is a monthly government or pension check – who purchase gas from Washington Gas and receive their bills after the 10<sup>th</sup> of the month. With this plan, the due date (last day to pay without a penalty) of your current monthly gas bill is extended to the 5<sup>th</sup> of the next month, making it easier for you to apply a portion of your government or pension check to your gas bill. There is no late charge if the payment for your gas bill is received by the extended due date. For details or to enroll, call us at 844-WASHGAS (927-4427).

Remember that it is the customer's responsibility to notify Washington Gas as soon as possible if he or she is unable to pay for service in accordance with the requirements of the company's billing practices.

For more information about payment plans, download the Billing and Payment Plans Brochure or call us at 844-WASHGAS (927-4427).

### Deferred Payment Arrangement

Washington Gas will work with all of its eligible customers who cannot pay the "past due bill amount" as well as the "current charges" on their gas bill, by entering into a deferment/pay agreement/ or consent order at the request of the customer. Washington Gas will comply with all applicable laws, tariff regulations, or other arrangements Washington Gas enters into with its regulators when extending payment deferments to

A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 • 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 • CFC # 21120 • ph. 301.608.3504 • fax 301.608.3508

customers who show a willingness to pay past due amounts. The deferred payment agreement Washington Gas may enter into with its customers prevents further credit action on the account, including the assessment of late charges, the sending of reminders and/or turn off notices, and outbound calls, as long as the customer abides by the agreement.

### Third-Party Notification Program

The Third-Party Notification Program can help you avoid a disconnection if you are out of town for long periods of time, are ill or have difficulty handling your affairs.

Washington Gas sends a copy of your disconnection notice to a third-party of your choice. The third-party is not responsible for payment, but will be notified about the impending service disruption in time to help you avoid potential disconnection. Call us at 844-WASHGAS (927-4427) for details.

### Resources For Renters

- Tenants seeking legal, education or outreach services should contact the Office of Tenant Advocate either online, through the "[Ask the Chief Tenant Advocate](#)" link or by calling (202) 719-6560
- Landlord-Tenant Court is closed through 5/1. All evictions scheduled for May 1 or earlier are stayed. There will be no hearings between now and May 1. All currently scheduled hearings will be rescheduled.

### Capital Area Asset Builders (CAAB) Emergency Savings Plus

- CAAB with the support of Capital One Bank, launches EmergencySavingsPlus to assist low- to moderate-income residents of Wards 7 and 8 in Washington, DC to begin the process to save for financial emergencies and receive money to set-up an emergency savings account with \$450
- Participation requirements: You have to be a resident of either Ward 7 or in Washington, DC, and your family's total income must not exceed \$121,300.
- [For more information click here.](#)

### DC Childcare Voucher

- Childcare applications and documents can be dropped at the Congress Heights (4049 South Capitol St SW) or the Taylor Street (1207 Taylor St NW) Service

Centers. Staff will call customers for an interview. Recertifications will be automatically processed and valid for 60-90 days

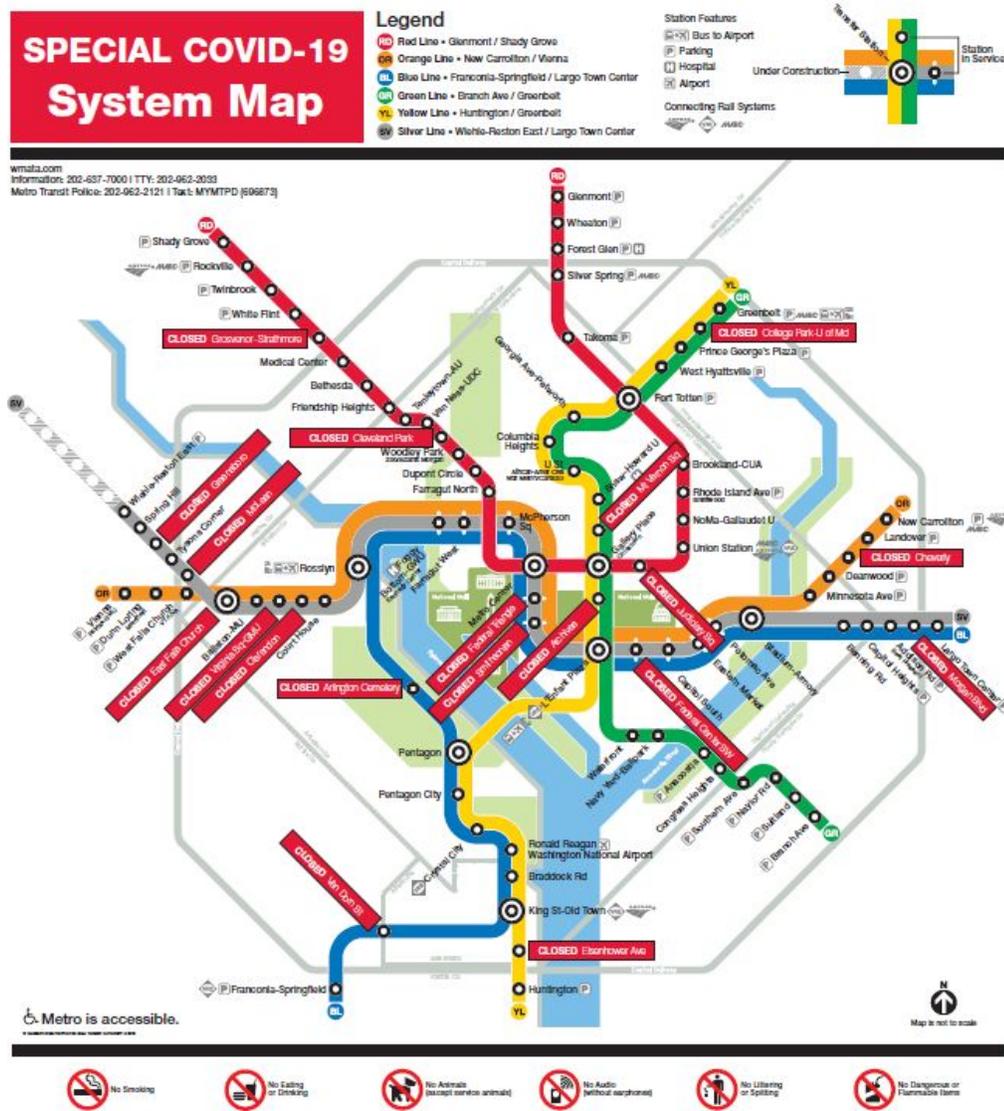
### **Free Tax Preparation**

- The deadline for taxpayers to file their 2019 Federal and District of Columbia individual income taxes has been extended to July 15th
- If you owe taxes to the IRS or the DC Government, you now have until July 15th to pay. Ordinarily, individual income taxpayers must submit their 2019 tax returns and pay amounts owed by April 15th.
- Catholic Charities - Archdiocese of Washington is making a new free virtual tax preparation service available to DC residents with income up to \$56,000. To request a virtual appointment to file your Federal and DC taxes, please send an email message to [ccvirtualvita@gmail.com](mailto:ccvirtualvita@gmail.com).
- MyFreeTaxes.com offers a free online tax preparation service for individuals and families with income up to \$65,000. To file your Federal and DC taxes online for free, please visit [www.MyFreeTaxes.com](http://www.MyFreeTaxes.com)
- Given the COVID-19 pandemic, currently all tax preparation sites in Washington, DC continue to be closed. To stay in the know on the availability of high quality, trusted and free tax preparation services once the free tax preparation sites reopen, please visit [www.caab.org/en/freetaxprep](http://www.caab.org/en/freetaxprep)

# Transportation

## Metrorail

- Essential travel only. [For a full list of closures click here.](#)
- New hours: Weekdays 5AM-9PM, Sat/Sun 8AM-9PM
- Red Line trains operate every 15 minutes, Orange, Silver, Blue, Yellow and Green line trains operate every 20 minutes. Stations served by multiple lines have more frequent service.
- First and last cars of all trains are closed to the public for the protection of train operators and other essential Metro staff. All trains are 8 cars in length. Use cars 2-7 and maintain social distancing while aboard the train.



A Wider Circle's Center for Community Service: 9159 Brookville Road, Silver Spring, MD 20910 • [www.awidercircle.org](http://www.awidercircle.org)  
 Washington, D.C. Centers: 400 Atlantic Street SE, Washington, D.C. 20032 ▪ 1726 7<sup>th</sup> Street NW, Washington, D.C. 20001  
 Mailing Address: 4808 Moorland Lane, Ste. 802, Bethesda, MD 20814 ▪ CFC # 21120 ▪ ph. 301.608.3504 ▪ fax 301.608.3508

## Metrobus

- Essential travel only.
- Weekday service 5 AM - 11 PM. Weekend service 8 AM - 11 PM.
- For lists and maps of operating bus routes [please click here](#).
- Service: Buses arrive every 30 minutes unless otherwise noted.
- Boarding change: All customers should enter and exit the bus using the rear door except individuals using mobility devices or require bus kneeling.
- Metrobus will not collect fares for bus rides as of March 24.

## MetroAccess

- Service will continue to operate during the same hours as rail and bus services.
- Metro continues to emphasize that **customers must not use MetroAccess to travel to healthcare appointments if they are showing signs of illness** for the safety of our employees and other passengers.
- The MetroAccess Eligibility Center is closed until further notice.

## DC DMV

- DC DMV will extend the expiration date for driver licenses, identification cards, vehicle registrations, inspections, ticket payments and ticket adjudication responses until May 15.
- All driver licenses, vehicle registrations, and vehicle inspections scheduled to expire will be granted a waiver without penalty until DC DMV reopens at full operating capacity.
- All tickets will remain in their current status until May 15 and no additional penalties will be assessed during this period. In the interim, the public is encouraged to request adjudication and pay tickets online.
- Additionally, all driver license suspensions and revocations will be paused until DC DMV returns to full operating capacity.
- DC DMV online services remain available, and customers are encouraged to use online options by visiting [dmv.dc.gov](http://dmv.dc.gov).

## District Department of Transportation (DDOT)

- All rush hour parking restrictions will be suspended effective Thursday, March 19 at 6:00 a.m.
- Rush hour reversible lanes operations on Connecticut Avenue and 16th Street NW will be suspended effective Thursday, March 19 at 6:00 a.m. Reversible lanes operations on Independence Avenue and Canal Road will continue to operate as

normal during the morning and evening rush hours. DDOT will use dynamic message boards to communicate these changes to the traveling public.

- Effective immediately, the DC Circulator is suspending fares on all routes during the declared public health emergency.
- Additionally, effective Thursday, March 19, the DC Circulator will suspend service on the National Mall Route. Suspension of fares allows passengers to board the bus from all doors in support of social distancing practices recommended by the Center for Disease Control and Prevention (CDC). Passengers who require wheelchair access may still use the front door to board.

### **DC Department of Public Works (DPW)**

- While Trash and recycling collection continues as scheduled, DPW is adjusting or suspending the following services through March 31:
  - Residential street sweeping is suspended.
  - Residential street sweeping (ticket enforcement) is suspended.
  - As noted above, rush hour parking restrictions are suspended; therefore, DPW will not ticket in rush hour between 7:00 a.m. and 9:00 a.m. and between 4:00 p.m. and 6:00 p.m.
  - Ticketing for safety violations (e.g., blocking a fire hydrant) continues.
  - Ticketing for expired district license plates and inspection stickers is suspended.
  - Vehicle booting and towing is suspended.
  - Food waste drop-off is suspended at all drop-off sites, including Columbia Heights, Dupont Circle, and Eastern Market. Residents who want to compost their food can freeze it until the drop-off sites reopen

# Educational Resources

## Comcast Internet Essentials

- New customers will receive their first two months of internet free
- Subsequent months are \$9.95/month + tax
- Internet Essentials customers also have the option to purchase reduced-cost computers
- Call 1-855-846-8376 for more info

## Free Online Learning Tools for Kids and Families

- [To access DCPS online learning resources click here.](#)
- #DCPSatHOME - New learning at home videos for K-2 school that run on weekdays from 9:30am to 11am and rerun from 1pm to 2:30pm on the following channels:
  - [youtube.com/dcpublicschools](https://www.youtube.com/dcpublicschools)
  - Comcast Channel 99
  - RCN Channel 18
  - Verizon Channel 12
  - Watch Live at [bit.ly/DKNLive](http://bit.ly/DKNLive)
- Barbara Bush Foundation [Educational Toolkit for At-Home Learning](#)
- [Click here for DCPL distance learning resources](#)
- [WideOpenSchool.org](http://WideOpenSchool.org) is a free collection of the best online learning experiences for kids curated by the editors at Common Sense.
- [Connect with Thrive by Five DC for online, early learning resources](#)
- DC Parents Amplifying Voices in Education (PAVE) [developed a list of additional resources](#) that may be useful to students, families and educators.

## Free Online Courses for Adults

- [edX](#) - Access 2000 free online courses from 140 leading institutions worldwide
- [Class Central](#) - Discover thousands of free online courses from top universities around the world like MIT, Stanford, and Harvard
- [Academic Earth](#) - Collection of free online college courses from the world's top universities
- [Little Humans](#) - Offers free parenting classes online

### **Free Online Workforce Development Courses**

- [ALISON](#) - Free online education platform that mostly focuses on workplace-based skills
- [GCFLearnfree](#) - Free online educational website focusing on technology, job training, reading, and math skills
- [Coursera](#) - Free database of academic and skills-based courses
- [Typing.com](#) - Teaching the foundation of technology online for free, including keyboarding, digital literacy, and coding

## Health & Wellness

### Free Fitness Classes

- Mayor Muriel Bowser Presents: Flatten the Curve Fitness with #FITDC
  - During these times, one of the most effective ways to reduce anxiety is through exercise and meditation. #FITDC now offers free [at-home fitness resources](#). Workout videos are available for a variety of fitness levels.
- [Click here to access free on-demand fitness videos from the YMCA](#)
  - Categories include yoga, Thai Chi, bootcamp, youth sports, and more

### Online Yoga

- Bluebird Sky Yoga in Brookland will begin streaming its 12:30 p.m. yoga class via Facebook Live, according to [Washingtonian](#). Classes will be available Monday-Friday, check the studio's [Facebook page](#) for updates.
- Yoga Heights will be livestreaming its classes this week for free on its [YouTube channel](#), where the studio also has pre-recorded classes you can enjoy from home.
- Flow Yoga Center will be moving some of [its classes](#) to Zoom, offering free streaming to members and providing some "pay-what-you-can" classes.
- Core Power Yoga is currently [offering free digital access](#) to hour-long instructional yoga videos.
- [Yoga Ed](#) offers free yoga videos for adults and children on its Youtube channel
- For more free yoga classes on Youtube, [click here](#)

### Milk Street Online Cooking Classes

- At the Milk Street Online Cooking School you won't learn just recipes, you'll learn new ways to approach food and cooking, giving you a reinvigorated enthusiasm for putting dinner on the table. All online classes are free now through April 30. [Click here to start cooking.](#)

## At-Home Activity Ideas

### DC Public Library (DCPL)

- All free with your library card, access more than 15 million free online movies, eBooks, music and more from the DC Public Library at <https://www.dclibrary.org/godigital>
- Join us on [Facebook](#) Monday - Friday at 10:30 a.m. for live video story times. Fun for the whole family to enjoy.
- Did you know that DC Public Library has an Instagram account dedicated to teens, curated by teens? Checkout [@DCLibraryTeens](#) for fun at-home activities and reading suggestions for teens to enjoy.
- Join us on [Twitter](#), Monday-Friday, to participate in virtual book clubs. New topics are discussed each day and you can easily join the conversation by using the [associated hashtags](#).
- Anyone with a DC Public Library card can stream videos through Access Video, including its [collection of workouts](#). Clips range from five minutes to more than an hour in length, and include pilates for beginners, weights workouts, yoga flows, and boxing routines.
- The library's catalog of audiobooks and ebooks is available through the [Libby app](#). Download it to your phone or tablet, enter your library card information, and you can rent immediately. Note that like with physical items, there are only so many digital copies of things to go around, and wait lists can be lengthy for popular titles.
- The library also has a digital news rack with stacks of the [latest \(e\) magazines](#) ready for you to peruse like Bon Appétit, the New Yorker, and Popular Mechanics.
- You can now sign up for a library card online and receive unlimited access to digital resources for 90 days. Watch, read, listen and learn while maintaining your social distance. <http://ow.ly/xRQb50yR0zo>
- Note - book drops at DCPL locations will be locked, so please hold onto all borrowed items until libraries reopen

### Kennedy Center

- Kennedy Center's first-ever Education Artist-in-Residence [Mo Willems](#) is inviting viewers virtually into his illustration studio every day at 1 p.m. for a LUNCH DODDLE. This online video series will walk fellow artists through

Willems' process as he draws, illustrates, and doodles. So, grab some paper and crayons and do some doodling!

- The Kennedy Center archives many of its performances in its [online catalog](#): There you can find video of a [demonstration and lesson](#) from the dancers of this year's *Sleeping Beauty* ballet, [Julia Louis-Dreyfus' acceptance speech](#) from the 2018 Mark Twain Comedy Prize ceremony, selections from [Lupe Fiasco's Kennedy Center debut](#) in November, and more.

### **Smithsonian**

- The Smithsonian National Gallery of Art is hosting daily tours, one gallery at a time on [Twitter](#) and, providing videos and photos of galleries on its [website](#).
- The Smithsonian released [nearly 3 million images](#) of their collections into the public domain and available for anybody to download, transform, and share without permission. This means you can create your very own meme or work of art using the 3D digitization of the [Apollo 11's Columbia crew hatch](#), any one of the 17 collection items related to [baseball great Jackie Robinson](#), or an image of [Susan B. Anthony's inkstand](#)

### **Other Activity Ideas**

- [30 Parents Share Their Favorite At-Home Activities to Help Bored Kids](#)
- [NASA offers STEM activities for kids stuck at home](#)
- [Keeping Your Kids Entertained At Home While Social Distancing](#)
- [The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus](#)
- [23 fun activities to do with kids using stuff you already have at home, as you wait out coronavirus closures](#)
- [3-Ingredient Pantry Dinners for When You Can't Get to the Grocery Store](#)

## How to Make Your Own Sanitizer

### **The Spray Recipe**

- Isopropyl alcohol
- Glycerol (optional)
- Hydrogen peroxide
- Distilled water

Mix 1  $\frac{2}{3}$  cups of alcohol with 2 teaspoons of glycerol. You can buy jugs of glycerol online, and it's an important ingredient because it keeps the alcohol from drying out your hands. If you can't find glycerol, proceed with the rest of the recipe anyway and just remember to moisturize your hands after applying the sanitizer.

Mix in 1 tablespoon of hydrogen peroxide, then another  $\frac{1}{4}$  cup of distilled or boiled water. (If you're working with a lower-concentration solution of rubbing alcohol, use far less water; remember, at least  $\frac{2}{3}$  of your final mixture has to be alcohol.)

Load the solution into spray bottles—this isn't a gel, it's a spray. You can wet a paper towel with it as well and use that as a wipe.

If you must, you can add in a splash of essential oil to your concoction to make it smell nice.

### **The Gel Recipe**

- Isopropyl alcohol
- Aloe vera gel
- Tea tree oil (or another essential oil scent)

Mix 3 parts isopropyl alcohol to 1 part aloe vera gel. Add a few drops of tea tree oil to give it a pleasant scent.

\*Recipes from <https://www.wired.com/story/how-to-make-hand-sanitizer/>

### **BONUS: [How to Make Your Own No-Sew Face Mask](#)**